Learning Ladder

Health and Wellbeing to Health Related Exercise

Year 6

Health Related Exercise

Consolidate Cardiovascular Fitness

Consolidate Flexibility Fitness

Consolidate Strength Fitness

Respect

Evaluation

Self Motivation

Year 5

Health Related Exercise

Introduce Cardiovascular Fitness

Introduce Flexibility Fitness

Introduce Strength Fitness

Integrity

Resourcefulness

Self Discipline

Reflection

Year 4

Mindfulness

Creating and interpreting movements to help express ourselves and our emotions

Using mime to manage positive and negative emotions

Using mediative balances to help control and manage our emotions

Decision Making

Responsibility

Communication

Trust

Year 3

Mindfulness

Exploring relaxation techniques

Performing and utilising meditative balances

Applying relaxation techniques and using them effectively

Cooperation

Encouragement

Problem Solving

Resilience

Year 2

Health and Wellbeing

Consolidate agility

Consolidate balance

Introduce and explore coordination: Dribbling and kicking

Courage

Empathy

Self Belief

Concentration

Imagination

Year 1

Health and Wellbeing

Introduce and explore agility

Introduce and explore balance

Introduce and explore coordination: Bouncing, rolling and throwing

Gratitude

Curiosity

Fairness

Honesty

EYFS

Games for Understanding

Taking turns/keeping the score

Understanding and playing by the rules

Complete P.E.™ INSPIRE LEARN SUCCEED